

Name \_\_\_\_\_

Date \_\_\_\_\_

# USC Yoga TT

Fall 2025

Quiz #1

## Section 1: Match The Sanskrit Name To Its English Translation (1 Point Each)

- 1) Adho Mukha Svanasana
- 2) Tadasana

- a. Mountain Pose
- b. Downward Facing Dog

## Section 2: Match The Pose To Its Translation (1 Point Each)



a.



b.

- 3) Adho Mukha Svanasana
- 4) Samasthithi
- 5) Mountain Pose

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Section 3: Pick The Best Answer (1 Point Each)

6) Who wrote *The Yoga Sutras*?

- a. Shiva
- b. Shankara
- c. Patanjali
- d. John Lennon

7) Which of the following is one of the main points for engaging the core in a sternal crunch?

- a. Engage The Upper Chest Muscles
- b. Front Ribs Drop In Toward The Back Ribs
- c. Anteriorly Tilt The Pelvis
- d. None Of The Above

8) List one Yama. Define the term in English and provide an example of how you practice it in your life. (3 points)

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9) List one Niyama. Define the term in English and provide an example of how you practice it in your life. (3 points)

10) Sadhana is one's personal practice.

- a. True
- b. False

11) Which of the following is one of the 4 main paths in Yoga?

- a. Raja – The Royal Path
- b. Bhakti – The Path Of Devotion
- c. Karma Yoga – The Path Of Selfless Service
- d. All of the above

12) Which of the following is NOT one of the reasons we breathe through the nose Vs the mouth in Yoga asana practice?

- a. Purifies And Cleanses The Breath
- b. Brings More Oxygen To The Brain Through Nose
- c. Slows Down And Lengthens The Breath
- d. Can Do Digital Pranayama Through Nose

### **Extra Credit**

1) In your own words, what is The Role Of A Yoga Teacher? (1 point)

2) Spell the name of the "father of modern Yoga." (1 point)

3) Please give 4 verbal adjustment(s) for downward facing dog. (½ point each – up to 2 points)